

## WHAT CAN I DO TO PREVENT THE SPREAD OF CRE?

- Take antibiotics as directed by a healthcare provider.

## HANDWASHING

Wash your hands often with soap and water.

- Make sure you rub them together for at least 20 seconds before rinsing.
- Remember to clean under fingernails and on both sides of your hands.

Wash your hands:

### BEFORE:

- Making food
- Eating food

### AFTER:

- Changing wound bandages
- Using the bathroom
- Coughing
- Sneezing
- Blowing your nose

## MORE INFORMATION:

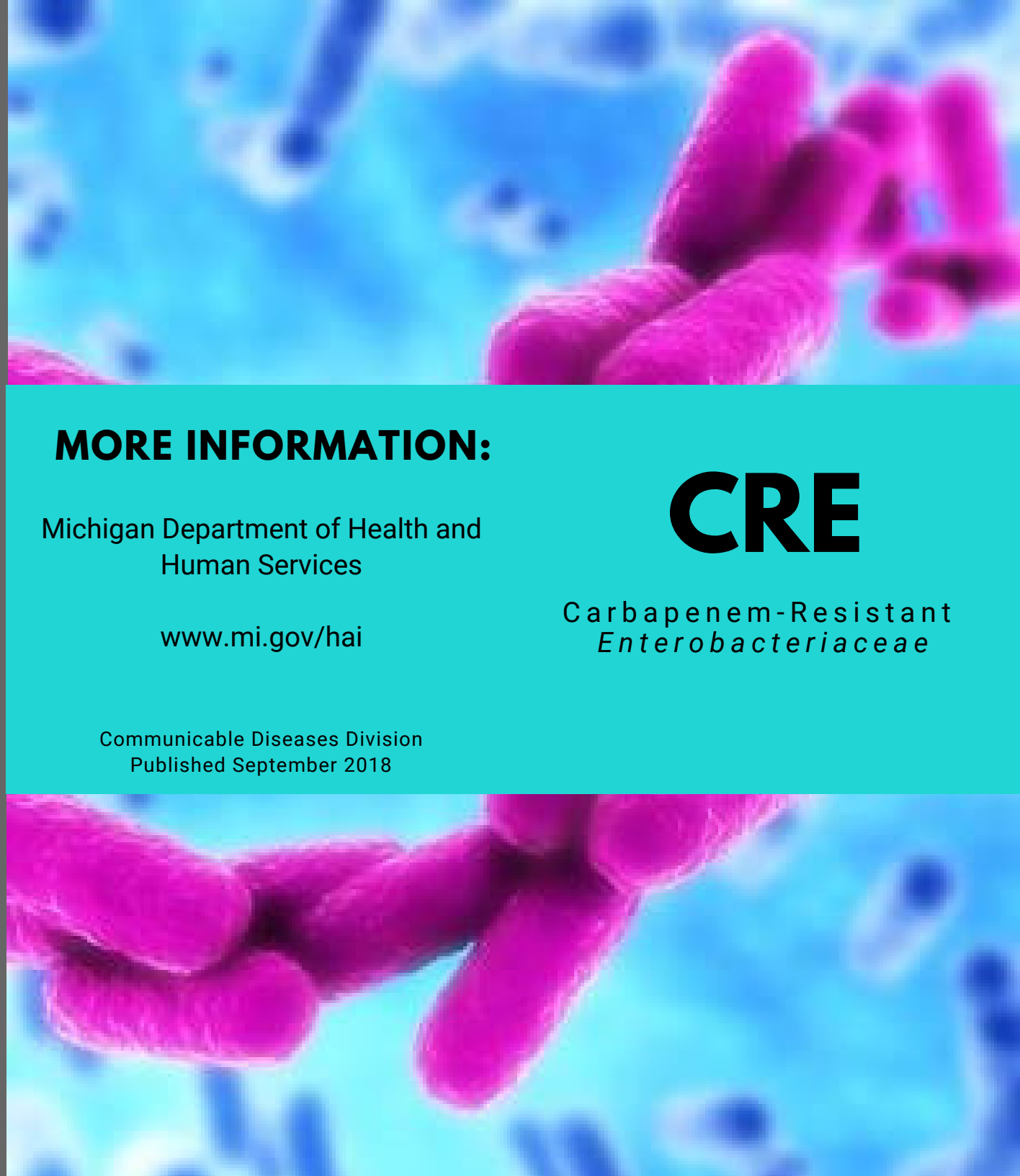
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# CRE

Carbapenem-Resistant  
*Enterobacteriaceae*



## WHAT ARE ENTEROBACTERIACEAE?

*Enterobacteriaceae* are bacteria (germs) in the human gut.

- These germs are not harmful as long as they stay in your gut.
- There are many types of *Enterobacteriaceae*
- Some types of *Enterobacteriaceae* help your body break down food.

## WHAT ARE CARBAPENEMS?

"Carbapenems" are a class of antibiotics.

- They are often used as the last resort when other antibiotics do not work.

## WHAT ARE CARBAPENEM-RESISTANT ENTEROBACTERIACEAE (CRE)?

CRE are a family of germs that are hard to treat because they are often resistant to many commonly used antibiotics.

The three main types of *Enterobacteriaceae* that may be resistant to carbapenems,

1. *Klebsiella* species,
2. *Enterobacter* species,
3. *Escherichia coli* (*E. coli*).

## WHO IS AT RISK FOR CRE INFECTION?

CRE usually affects people who:

- Are in acute or long-term care settings like hospitals, clinics or nursing homes.
- Have a weak immune system.
- Have an item like tubes or breathing machines going into their body.

## HOW DOES CRE SPREAD?

Most CRE infections happen in healthcare settings like hospitals and nursing homes.

To get sick from CRE a person has to come in contact with (touch) the CRE germ.

CRE spreads when someone touches an infected or colonized person's body or body fluids.

Contact can be:

- **Direct**, by touching wounds or feces (poop); **OR**
- **Indirect**, by way of dirty hands or touching dirty objects (like tubes that remove liquid from the body or breathing machines).